

NEWS FROM YOUR PEER LIAISON

HALLOWEEN SAFETY TIPS

Walk Safely

Cross the street at corners, using traffic signals and crosswalks. Look left, right and left again when crossing and keep looking as you cross. Put electronic devices down and keep heads up and walk, don't run, across the street. Teach children to make eye contact with drivers before crossing in front of them. Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings. Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

- See more at: <http://www.safekids.org/tip/halloween-safety-tips#sthash.zuHH7uub.dpuf>

Keep Costumes both Creative and Safe

Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors. Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.

Have kids carry glow sticks or flashlights to help them see and be seen by drivers. When selecting a costume, make sure it is the right size to prevent trips and falls.

- See more at: <http://www.safekids.org/tip/halloween-safety-tips#sthash.zuHH7uub.dpuf>

Autumn Activities for Kids

- Pick a [preschool fall craft](#) to do together and have fun being creative together.
- [Pumpkin slime](#). Goop is a blast to play with. This goop is pumpkin-orange.
- [Pumpkin pie play dough](#) – this stuff smells SO good!
- For an [indoor Kids activity](#), go on a spider hunt and see if you can find any cobwebs hiding in your house. After you dust them, create your own spider web using Popsicle sticks, yarn, egg cartons and pipe cleaners.
- Do your kids collect acorns? Mine love to squirrel them away. This is a great [kids painting activity](#) using acorns to make art.
- Make an [art masterpiece](#) "tree" by blowing a drip of paint across a page of paper. Use a q trip to "dot" some leaves onto your tree. Discuss how the leaves are changing colors – its fall!!
- Don't have [trees with colorful leaves](#)? We don't so I especially love this activity suggestion, make your own leave with Tie Dyed Coffee filters.
- [Build a catapult](#), take it outside and put a pebble or two inside. Watch them fly and measure how far the items went.
- Make an owl from TP tubes using feathers, scraps of fabric and buttons. This [craft for kids](#) is adorable.



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Connect with me on Facebook. Email me to find out more.

**I UNDERSTAND...
I AM A FOSTER PARENT TOO**

IFAPA recognizes that foster parents often need the perspective of peers during the foster parenting and adoption experience.

I can provide support and assist you with questions regarding:

- Licensing requirements
- Training needs
- Respite care
- Behavior challenges
- Working with birth families
- Confidentiality issues
- And much more!



www.ifapa.org

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- [Create Fall Art](#). Adding an outline can really liven up a picture. Help your youngest tots paint and create wall-worthy art with some black glue. They paint scribbles and you outline the work into the shape of a leaf.
- Grow some fall herbs. We love to start our fall herb [windowsill "garden"](#) each September. This is a fun version, using the [plastic pumpkin heads as planters.
- Watch your kids [pretend and play](#) in a "world" with leaves outdoors for your kids to explore through. This family created a whole house with different rooms. Afterwards, rake them up and have fun jumping.
- [Go on a nature walk](#) to a new destination. Bring a long a nature bag for the kids to help them document what they see.
- Plant bulbs for the spring. My kids love to get muddy - [gardening with kids](#) is dirty and fun!
- Donate food items to a food bank in your area – as the holidays approach food banks are often strapped for supplies.
- Make a pumpkin pie with your kids. Have extra filling? Add it to a smoothie with some yogurt.
- Go bobbing for apples. Fill a tub with apples and see if you can get one with your teeth. Afterwards, [make candy apples](#) as a treat to enjoy with your kids.
- Make s'mores on the patio with your kids – use a [solar oven](#) to warm them. Try experimenting and adding extra ingredients to your s'mores like berries or bananas.
- Make your own apple cider by adding cinnamon sticks, nutmeg and honey to juiced apples (if possible, get fresh pressed juice)!
- [Churn your own butter](#) – this is a fun activity for a kiddo who loves to move!
- [Play games during a bike ride](#). Use Chalk to create start and end points on a "race" or to make an obstacle course of sorts for your kids to weave through.
- Make popcorn balls. Hooey-goey Carmel popcorn balls shout fall is coming to me. These are one of our kids favorite fall traditions.
- Go camping in your own backyard with a [DIY PVC pipe Tent](#).
- Take a collection of leaves and [make leaf skeletons](#) – soak the leaves in washing soda until the chloroform disintegrates and you are left with the leaf structure.
- Go on a hayride – we love to visit the local orchard, pick apples and go on a hayride.
- Practice fractions as you chop up apples and mix ingredients while baking an [Apple Pie with kids](#).
- Take crayons and some of your favorite leaves and layer the leaves between pages of paper. Rub on the pages with a crayon to see the leaf pattern emerge.
- Set a pumpkin outdoors and journal about the pumpkin's decomposition as it rots. Be sure to take [pictures of the pumpkin](#) in its various stages.
- After you prune your trees, chop up the logs and the twigs, clean them off and bring them inside to [make tree blocks](#).
- Bake pumpkin seeds. I love carving out our pumpkins each year and using the "guts" to create a magnesium-rich snack for the kids and I to enjoy.
- Make Jack-o-lanterns from items in the recycle bin, orange paint and black foam stickers.
- Feed the birds with a [kid-made birdfeeder craft](#) using toilet paper tubes or pinecones, peanut butter and seed.
- Make [Candy Corn Cookies](#). Layer three colors of sugar cookie dough and follow these instructions to make your own wedged treats.
- saying hi to all our neighbors!
- Spooky and slimy sensory... spaghetti???? Dye some spaghetti bright orange

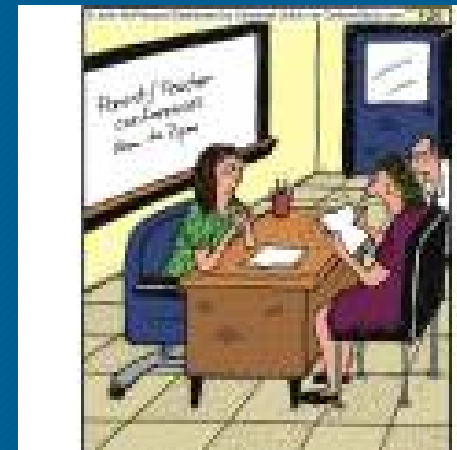
Happy October 2014

Fall Conference

IFAPA is hosting our first-ever IFAPA Fall Conference in Waterloo on October 17th and 18th! IFAPA will now host a spring and fall training conference every year for foster and adoptive parents, kinship caregivers and workers.

Free Book for Educators Give one to a Teacher

Share this Free Book with Your Child's Teachers! - **This booklet provides educators with information about issues that impact foster and adoptive youth, the effects those issues might have on classroom learning and how educators can assist and advocate for these students. To receive a copy (or multiple copies) of this book, please email your address to cthomason@ifapa.org.** VIEW THIS BOOK ONLIN



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Training for October

Sat Oct 4th 9am to 12:15 Ankeny Training Center

Developing Emotional/Social Competency in Infants in Infants & Toddlers

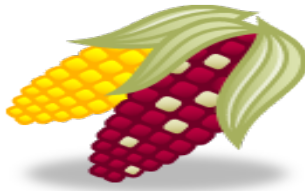
By: Kim Combs



Sat Oct 4th 1:30 to 4:45 Ankeny Training Center

Parents: You Matter! Drugs/Alcohol, Your Teens and You

By: Kate Kramer



Sat Oct 11 9am to 4:30pm Ankeny Training Center

Helping Children Heal from Trauma of Sexual Abuse & Placement

By: Heather Craig-Oldsen, MSW



Sat Oct 25 9am to 4:30 Ankeny Training Center

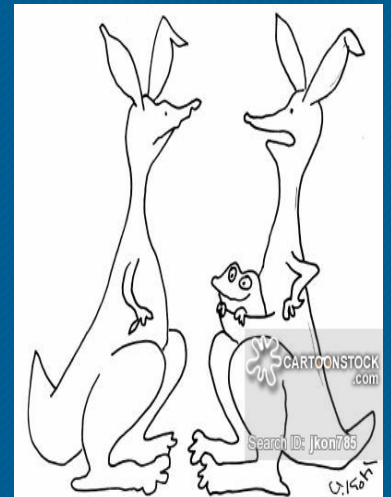
For Better or For Worse: Couples Who Foster

By: Mike McGuire

If you not going to make it to a training please call 1-800-277-8145 or 515-289-4567 and leave a message for Stephanie even the morning of training

FREE IFAPA Lifebook Pages

Whole Lifebook (All Pages):
Now in Spanish Just download
from website



"I think it's about time we tell him he's adopted."

